AN ANALYTICAL STUDY OF SUPPORT INTEREST BEHAVIOR AND RESOURCE PROVISION OF PARENTS OF HIGH SCHOOL STUDENTS TOWARDS PHYSICAL EDUCATION AND SPORTS IN GOA

A proposal submitted to Swami Ramanand Teerth Marathwada University, Nanded for the partial fulfilment of Doctor of Philosophyin Physical Education under the faculty of Physical Education

Researcher

MR. SWAPNIL S. BHAIP

Research Guide

DR. MAHESH R. WAKRADKAR

SCHOOL OF EDUCATIONAL SCIENCES

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY
NANDED

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INTRODUCTION:

"Every human being has fundamental right to access Physical Education and Sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through Physical Education and Sport must be guaranteed both within the educational system and in other aspects of Social life" – **International Charter of Physical Education and Sports, UNESCO (1978).**

In modern days science and technology have intervention in all areas of human endeavors and the research has made tremendous progress in every field of human activities. Advancement of science touched the extent which was impossible few days back. In Physical Education and Sports the trends are not different. The concept of Physical Education and science of Sports are changing day to day towards more resources and theories. The resources not only confined to physical, mechanical and physiological dimension but also invaded the psychological aspects of human life and the field of Physical Education and Sports is no exception to this. Hence many investigations are being taken up to study the psychology of the children as well as their parents and relatives to study their proneness towards Physical Education and Sports.

Physical Education and sports contribute to self-actualization, self-esteem, and a healthy response to physical activity. A well planned and conducted physical education and sports program can achieve such results as recognition of the potential activity for the relief of tension, an awareness of what one's body is capable of doing and a better self-image. Sport and play have deep roots in the culture and in the humanities simply because they provide life enrichment and fulfillment opportunities. This brought out in commendable fashion by **Cozens and Stump (1953)** as they demonstrate the role of sports in the progress of civilization with special emphasis on the relationship between sports and national vitality.

Holst emphasized that Physical Education should be the part and parcel of education, as it uses physical activity as a primary means to promote psychomotor, cognitive and socio-economic growth in order to change the quality of life. It is, therefore, evident that physical education, in form of games and sports, along with general education, brings out the wholesome of an individual. Games and sports can be a recreational out let when an individual becomes tired with the increasing burden of academics or immense pressure of day-to-day living hazards.

In a school Physical Education is very important to student's health and overall well-being. **The Centers for Disease Control and Prevention (In America in 2005)** stated that over the past three years obesity in children (ages 2–5) and adolescents (ages 12–19) has doubled because of lack of activity and diet. Quality Physical Education programs will benefit the lifestyle of young people. Good Physical Education programs provide structure for students to improve students' fitness, positive choices, and setting and reaching goals. In Preschool the emphasis in the primary Physical Education program should be placed upon the development of basic skills in such activities as gymnastics, swimming, and games, in the latter case, leading to small sided games, not full side inter-school competitive matches.

Parental support towards Physical Education and Sports is one of the most important contributions for larger participation and enhancement of performance in sports events. Parents can contribute to the adolescent's development by their continuous support and that will develop the social competence of their children (Self Esteem, Moral Behavior, Academic Achievement and Vocational Achievement). Parental support can be shown in several ways such as physical affection, companionship, sustained contact etc.

A common assumption in the literature on child rearing is that it requires parental attention, supervision and guidance along with support features in developing effective transitional adult identity until very recent studies and reviews have identified parental support as the principle aspect of child development. It predicts life time competence. This dimension has received such label as warmth, affection, nurturance and acceptance. Parental support has been studied most often as a unitary dimension, but recent investigators are beginning to identify several sub dimensions of these variables including interest, companionship, guidance and resources provision.

Sherman (2001) recommended that by taking an active role in the children's achievements parents can broaden their adolescent horizons, increase one's self esteem and provide a foundation for the upcoming stage of higher education. Recently **Jai Prakash (2002)** in his study on Challenges to Educational Achievement for Indian Students found that non cognitive factors like academic motivation and parental support have significant role in the academic achievement of the adolescents. **Burnett (2001)** suggested that best advice to give parents is "to spend time with teens and maintain dialogue. Thus, they can watch for abrupt or marked changes in academic or social activities. He further viewed that, young children who are supported in safe environment by loving and caring parents can brisk learning and apply strategies that will free them to be active participant in meaningful communities and developing career goals."

Researchers and literature suggests that use of parental support often transmits in adolescent recognition of their abilities and to make decision. In other words parents' support enhances adolescents' self-esteem by communicating parental confidence in his abilities to understand and cope successfully with social environment and role taking skills as adults of tomorrow.

STATEMENT OF THE PROBLEM:

Building a Better Teenager : What Works, A National Research Organization undertook a comprehensive review of many contributing influences that lead to positive behavior in teen's life and they consistently found that teen who have warm, involved and active relationship with their parents do well in school, are academically motivated, have better skills that help in making wise choices(2002). Parental support has a strong influence on a broad array of outcomes including academic success, behavioral and psychological competences, and positive attitude towards others and role taking skills. They further asserted that supportive parents not only help adolescent to define goals but also allocate resources in the form of advice, social contacts, values and monetary support for the young adult in the pursuit of his ambition.

Present Indian school Education system is text book oriented and emphasizes on memorization of lesson and demand long hours of study. Every day the long study routines of the school children extend from morning to the late evening hours, leaves very little time for recreation and sports activities. A common practice of parents is that they pressurize their kids for better academic performance. They always want their children with the dreams of studying in top colleges followed by an interesting career. Many parents put intense pressure on their children to learn higher grades at any cost but the time has come to realize that this type of intense pressure during school can backfire reading to social, emotional, and physical stress.

In the proceeded paragraphs the parents' roles in enfoldment of their children in socio cultural environment have been substantiated. It is the parents who must encourage their children to partake in Physical activity and sports by participating in extracurricular sports program. Parents' role in this commitment is important, as from an early age onwards they act as the socializing agent of their children by encouraging 14 them to partake in sports activities. An adult who have incorporated regular physical and sports activities in daily routine can be attributed to their parents support for sports during infancy. Research scholar after being acquainted with the health, social and intellectual outcomes of sports and physical activity right from infancy, was interested to make a survey of Parents' corroboration and cooperation to sports participation in Indian Physical Education system. To facilitate his research interest the researcher had undertaken the study entitled **"An Analytical Study of Parental Support Interest Behavior and Resource Provision of Parents of High School students Towards Physical Education and Sports in Goa"**

REVIEW OF THE LETERATURE:

The researcher has made every possible effort to go through the literature related to the parental support towards the participation in physical education and sports, wherever available. The scholar has gleaned through almost every source like Research Quarterly, Journals of various kinds, Periodicals, Encyclopedia, Relevant Books, and E-Resources on Nutrition to pick up the related materials. While going through the various sources of literature, it has been observed that very little work has been done on parental support to their children, especially parental support towards the participation in physical education and sports. Some of them are as follows:

Jaime L. Berthold studied parental role in encouraging sport participation in females (2012).Results showed that although there are certain support roles that still tend to be the mother's responsibility as in the past, unexpected results indicate that is there a shift from previous research, with both parents sharing certain support/modeling roles equally when a nuclear parent household is present. Ultimately, however, the paternal influence was reported as still being the biggest influence in the participant's entry into athletics.

Pedro .A. Sanchez- Miguel, Francisco. M. Leo, David Sanchez-oliva, and Tomas Garcia Calvo (2013) conducted a study on the importance of parents' behavior in their children's enjoyment and amotivation in Sports. The sample comprised of 723 athletes and 723 parents. Players were male and female who belonged to federative basketball, handball, football and volleyball teams. Results showed a positive relationship between parents' support of the sport and players' enjoyment and a negative relationship with players' amotivation. Moreover, in players who perceived more pressure from their parents, there was a positive association with a motivation and a negative one with enjoyment.

Prakash (2002), in his study on "challenges to educational achievement for Indian students", found that non cognitive factors like academic motivation and parental support had significance in the academic achievement of the adolescents.

Way and Rossman (1996), emphasized that, interactions between parents and adolescents included positive behavior such as interest support, communication openly and parent child connectedness help adolescent learn to be autonomous and successful shaping of their own lives.

SIGNIFICANCE OF THE STUDY:

- The present study would help in analyzing the support of parents towards their children towards physical education and sports. So that they would learn to be autonomous and successful in shaping their own lives through movements.
- The study would further provide the guidelines to the parents about the importance of participation in physical education and sports event.
- The study would also help the sports experts in the field to take up appropriate measures and to enhance the sports performance of the adolescents.
- The extension of the study to Goa state would help govt. of Goa to take up special interest for the Goa state where parental attitude towards physical education and sports is not up to the satisfactory level.
- Parents would develop a comprehensive knowledge about the best way of rearing their children.

OBJECTIVE OF THE STUDY:

- The objective of the study was to investigate the parental support towards the participation in physical education and sports.
- To investigate the impact of parental interest in participation of Physical Education and Sports of the children.
- To investigate the impact of parental behavior in participation of Games and Sports of the children.

- To investigate the impact of resource provision by the parents in participation of Physical Education and Sports of the Children.

HYPOTHESIS:

H1: There would be significance difference in Parental Supports towards participation in physical education and sports among the parents of school going children of Goa

H0: There would not be significance difference in Parental Supports towards participation in physical education and sports among the parents of school going children of Goa.

H1: There would be significance difference in Parental Interest towards participation in physical education and sports among the parents of school going children of Goa

H0: There would not be significance difference in Parental Interest towards participation in physical education and sports among the parents of school going children of Goa.

H1: There would be significance difference in Parental Behavior towards participation in physical education and sports among the parents of school going children of Goa.

H0: There would not be significance difference in Parental Behavior towards participation in physical education and sports among the parents of school going children of Goa.

H1: There would be significance difference in Resource Provision by the parents in participation in physical education and sports among the parents of school going children of Goa

H0: There would not be significance difference in Resource Provision by the parents in participation in physical education and sports among the parents of school going children of Goa.

LIMITATION OF THE STUDY:

- Received responses were considered correct which were absolutely dependent on the respondents. There was no special motivational factor/device employed for collection of information.

- Difference in the school infrastructural facility might have been another limitation of the study.

- Local sports culture in the location of different school was not identical.

- Different socio-economic status of the parents might have influenced the result of the study.

- The selected parents were the parents of both, residential and non-residential school children. So the type of schools, the children attended might have an influence on parent's opinion.

DELIMITATION OF THE STUDY:

- The study was conducted on the selected schools of Goa State.

- The study was further delimited to 500 parents of the school going Boys & Girls.

- Both Government and private schools were included for the study.

- Parental Support Scale of Dr. Shobha Nandewana and Dr. Nimmi Asawa (Associate Professor & Research Associate, Dept. of Human Development and Family Studies, college of Home Science, Maharanapratap University of Agriculture and Technology, Udaipur) was employed for collection of data.

- Parental Support Scale of Dr. Shobha Nandewana and Dr. Nimmi Asawa confined to parental interest, parental behavior and resource provision by the parents.

ASSUMPTIONS:

- It will be assumed that all subjects will actively participate and will co-operate with researcher for the study.
- It will be assumed that all the subjects will follow instruction and provide true information.
- Questionnaires of Parental Support Scale of Dr. Shobha Nandewana and Dr. Nimmi Asawa (Associate Professor & Research Associate, Dept. of Human Development and Family Studies, college of Home Science, Maharanapratap University of Agriculture and Technology, Udaipur) will be used for this research.

DEFINATION AND EXPLAINATION OF THE TERM:

Physical Education:

"Physical education is education through physical activities for the development of the child and its fulfillment and perfection in body mind and spirit." – J. P. Thomas

Sport:

Sport is a kind of diversion which has for its direction and immediate end, fun, pleasure and delight and which is dominated by a spirit of moderation and generosity.

Parent:

It refers to as parents of school going children's of various schools (Private,Govt. Aided and Govt. Schools) of Goa.

School Going Children:

It refers to as student of various schools (Private, Govt. Aided and Govt. Schools) of Goa from 5^{th} Standard to 10^{th} Standard

Private Schools:

It are those schools which been run by management on their own expanses.

Govt. Aided:

It are those schools which been run by management but their staff salaries will be paid Government.

Govt. Schools:

It is fully functioned by Government such as Staff salaries etc.

METHODOLOGY:

1) SAMPLING:

A. POPULATION:

Researcher will select the parents of school going children's of various schools (Private, Govt. Aided and Govt. Schools) of Goa.

B. SAMPLE:

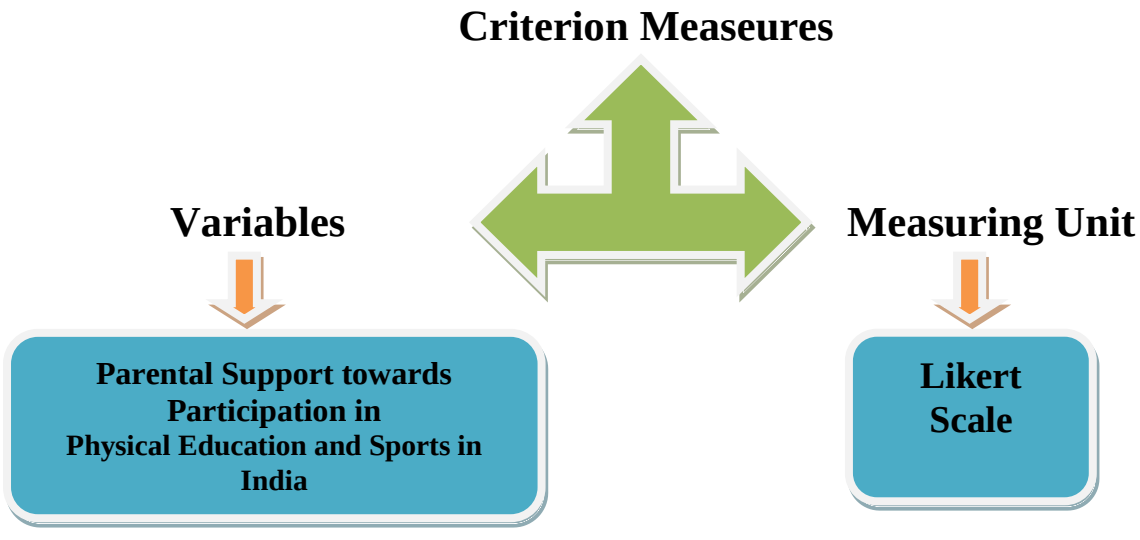
For this study a total no. of 500 parents of various school going children (250 from North Goa and 250 from South Goa) as subjects from Goa will be selected as sample size of the study.

C. SAMPLING TECHNIQUE:

Simple Random Sampling Procedure will be employed for the selection of subjects. For better selection of the subject for the present study, a list of the addresses of the parents will be collected from the school registers of concerned schools.

2) DESIGN:

In this study researcher will use Descriptive Survey Design.



TOOLS FOR DATA COLLECTION:

Dr. Shobha Nandanwana and Dr. Nimni Asawa questionnaire was used as tools and materials for this study (parental support scale)

PROCEDURE:

- Before administration of the test, the rules and conditions of the test will be made clear to the respondents.
- Their co-operation will be highly solicited.
- Parental support scale measures parents' supports towards physical education and sports prepared on Likert Technique.
- It is a scale with 3 dimensions i.e. parental interest, parental behavior and resources provisions.
- It has 37 statements, out of these 37 statements 28 are favorably worded weight score '3', '2' and '1' are given for the favorably worded items are scoring is reversed for the remaining 9 non-favorably worded items.
- The parents will be given the questionnaires and will be requested to duly fill it up with mutual consultation in the presence of investigator.
- They were required to make a respond by a tick mark on anyone alternative from 3 choices given (Always, Sometimes and Never) which they found most appropriate in their case.
- Investigator will take care so that no statement will be left unanswered.

STATISTICAL TOOL:

The opinion of the parents will be collected by administration of questionnaires to them from all over the state. The Percentage and Chi-square analysis will be employed to describe the opinion gathered from the respondents.

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Mr. Swapnil S. Bhaip
(Research Scholar)

Dr. Mahesh R. Wakradkar
(Research Guide)